

According to the [Gallup-Healthways Index AHIP Congressional Report](#) , we live in the 24th most happy congressional district in the country. Top honors went to California's 14th district represented by Rep. Anna Eshoo (D-CA). We ranked even better in our optimism (18th out of 435).

The unhappiest district in America is the 5th of Kentucky, represented by Hal Rogers (R-KY). The most stressed district, not surprisingly, is Illinois' 5th district on Chicago's north side which used to be represented by White House Chief of Staff Rahm Emmanuel.